

Spit Tobacco Use in Indiana

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Spit tobacco, or smokeless tobacco, comes in two forms: moist snuff and chew. Snuff is a finely ground tobacco and is usually placed between the bottom lip and gum and held there. This is also referred to as “dipping”. Chewing tobacco is shredded tobacco leaves placed between the cheek and gum. Spit tobacco contains 3,000 chemicals, 28 of them have been identified as cancer-causing agents including formaldehyde, nicotine, arsenic, cadmium, and polonium-210.

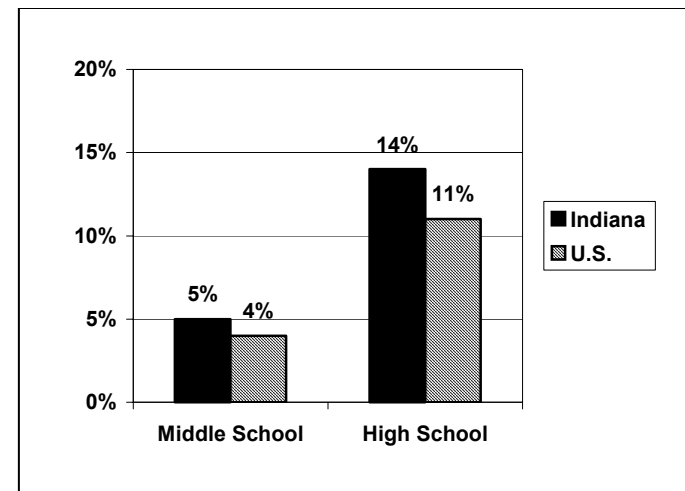
Spit Tobacco Use, Indiana vs. U.S.

- An estimated 2.7% of all Hoosiers are current spit tobacco users, and approximately 4.3% of men in Indiana are smokeless tobacco users. The compares to national average for men at 4.5%.
- Of the current male spit tobacco users in Indiana:
 - 10% use less than one can of tobacco per week;
 - The majority (60%) uses 1-2 cans per week;
 - 10% use 3-4 cans of spit tobacco per week.
- Nearly six percent (5.7%) of current smokers in Indiana are also spit tobacco users, compared to 2.3% of adults who have never smoked, and 3.2% of former cigarette smokers are spit tobacco users.

Spit Tobacco Use by Youth

- Approximately 5% of middle school and 14% of high school males in Indiana currently use spit tobacco, these rates are slightly higher than the national averages.

**Spit Tobacco Use among Young Males,
Indiana vs. U.S.**



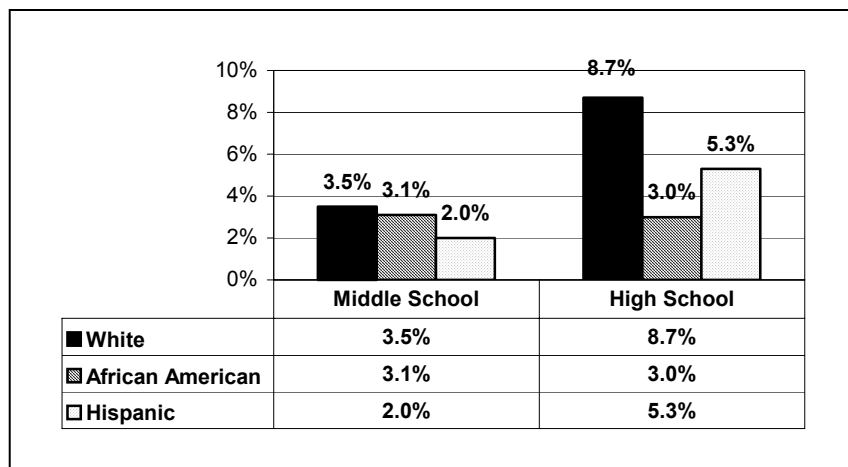
Sources: Indiana Adult Tobacco Survey: 2002, 2006, 2007; 1999 Behavioral Risk Factor Surveillance Survey; 2006 Indiana Youth Tobacco Survey; 2004 National Youth Tobacco Survey; CDC. Youth Risk Behavior Surveillance — United States, 2003. *CDC Surveillance Summaries* 2004;53(SS-2):1–96. ; CDC. Tobacco use, access, and exposure to tobacco in media among middle and high school students – United States, 2004. *Morbidity and Mortality Weekly Report* 2005;54(12):297–301.;HHS, Tobacco Use Among U.S. Racial/Ethnic Minority Groups — African Americans, American Indians and Alaska Natives, Asian Americans and Pacific Islanders, and Latinos: A Report of the Surgeon General, 1998; American Cancer Society, Inc. Cancer Facts and Figures 2000 ; 2005 National Health Interview Survey (NHIS) (<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5542a1.htm>)

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Indiana Spit Tobacco Users by Race/Ethnicity, All Middle School & High School, 2006



Spit Tobacco Use by Indiana Youth by Race/Ethnicity

- White and Hispanic youth have the highest smokeless tobacco use among high school students.
- African Americans middle school and high school youth have similar rates of use.

Health Effects of Spit Tobacco

Holding one pinch of spit tobacco in your mouth for 30 minutes gives the same amount of nicotine as smoking 4 cigarettes. The negative effects to using spit tobacco include bad breath, spitting and stained teeth. Spit tobacco is not a safe alternate to cigarettes and is responsible for numerous health problems. People who use spit tobacco are at risk of many health problems including:

- **Cancers:** lip, esophagus, pharynx, larynx, pancreas and stomach. Users of spit tobacco are 50 times more likely to get oral cancer than non-users. These cancers can form within only 5 years of regular spit tobacco use.
- **Mouth diseases:** Leukoplakia, a disease of the mouth characterized by white patches and oral lesions on the cheeks, gums, and tongue. Studies show that 60-78% of spit tobacco users have oral lesions. During the first 3 years of use, leukoplakia occurs in more than half of smokeless tobacco users. Spit tobacco also causes gum recession increasing risk of cavities.
- **Heart diseases:** Spit tobacco increases the risk of heart attack and other heart disease as the nicotine constricts veins leading to heart problems and high blood pressure.